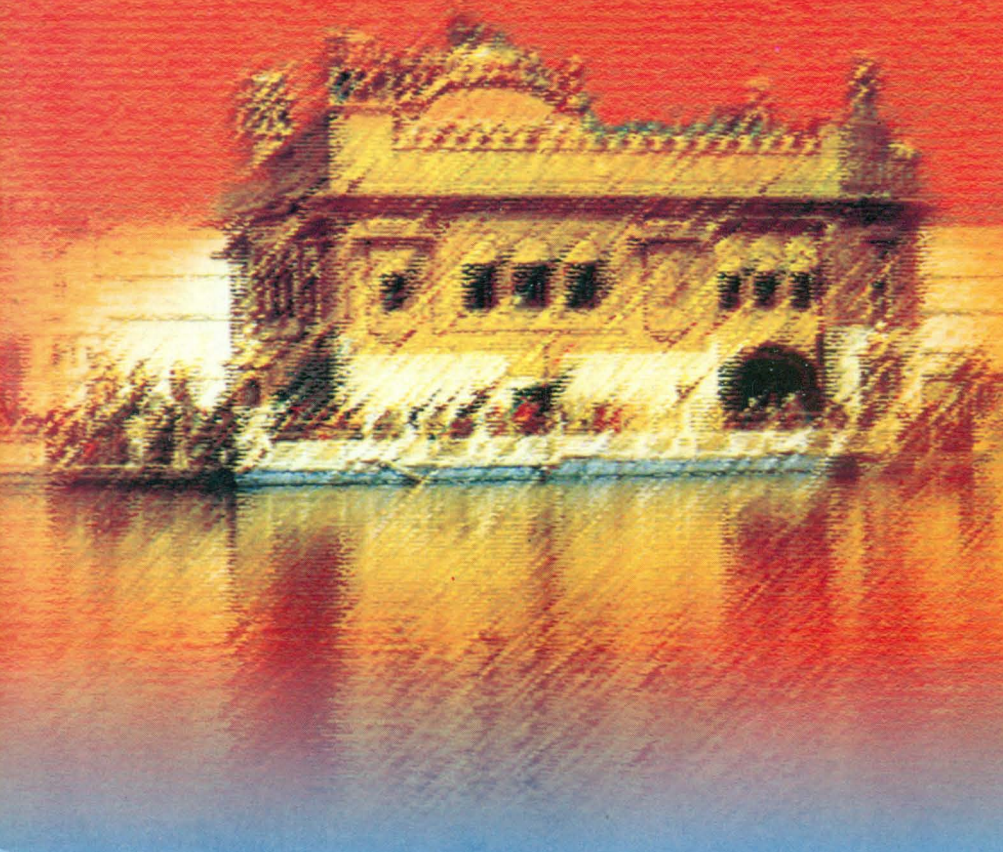


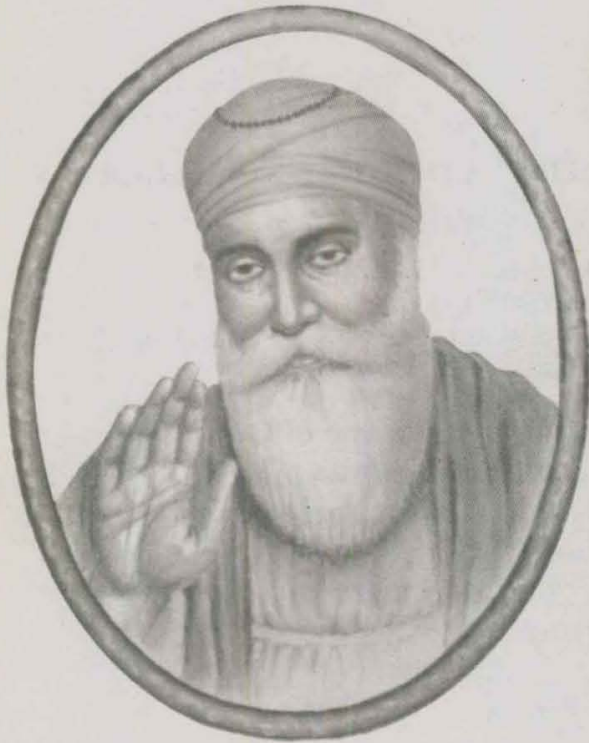


THE ESSENCE OF SIKHISM-2

THE LIVES AND TEACHINGS OF
THE SIKH GURUS



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SIKHISM-2
THE LIVES AND TEACHINGS OF
THE SIKH GURUS



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Preface

The pressures and challenges of modern life have made it necessary to integrate value education with school curriculum. In these troubled times when the society is witnessing an erosion of its cultural and ethical values, it is important that we instil the universal values of brotherhood, tolerance, peace and unity among growing children. The lives and teachings of the Sikh Gurus have for ages inspired mankind to live life with courage and conviction.

The Essence of Sikhism is a well-graded series and gives an account of the lives and teachings of the Sikh Gurus in simple language. Useful exercises help the students to recapitulate the historical setting of events. Interesting activities give them an opportunity to explore the deeper truth enshrined in the teachings of the ten Masters.

For over three decades, I have taught right from tiny tots to higher classes, where young boys and girls are at the threshold of adult life. This series is my humble offering before the eternal Guru, *Guru Granth Sahib*, from the experience of an entire life devoted to education.

Tejinder Kaur Anand

ਪਉੜੀ ਪਹਿਲੀ (Pauri Pehli)

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ
ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ॥

Sochai Soch(i) na hovai
je Sochi Lakh Vār

A human being cannot comprehend 'Him' through reason, even if he were to reason for ages.

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ
ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ॥

Chupai Chup na hovai
je Lae rahā liv tār

A human being cannot achieve inner peace by outward silence, even if he remained silent for ages.

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ
ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ॥

Bhukhiā Bhukh na utri
je bannā puriā bhar

A human being cannot buy contentment with all the riches of the world.

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ
ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ॥

Sahas siānpa Lakh hohi(i)
ta ik na chalai nāl(i)

A human being may be very clever, possess greatest wisdom and lacs of clever thoughts, yet he cannot reach 'Him' with all his mental ingenuity.

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ
ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ॥

Kiv sachiārā hoîaî
Kiv kurai tutai pāl(i)

How can a human being know the truth and break the barrier of falsehood?

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ
ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ॥੧॥

Hukam(i) rajāi chalnā
Nanak Likhiā nāl(i)

There is a way, sayeth Nanak, by obeying the preordained command and the will of God.

—Guru Nanak Dev Ji

- *Learn and recite the above verses.*

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1. The First Guru



Guru Nanak Dev Ji was born in 1469, in a village named Talwandi (now in Pakistan). Later, the village was named Nankana Sahib and a beautiful Gurdwara was built there.

Guru Nanak Dev ji's father's name was Mehta Kalu and his mother's name was Mata Tripta. He was the founder Guru of the Sikhs. He said that there was no Hindu and no Musalmaan. All were children of one God.

How Much Do You Remember?

I. Fill in the blanks with the following words.

Nankana Sahib, first, Talwandi, Mehta Kalu, Tripta

1. The name of Guru Nanak Dev ji's village was _____
2. Later the village was named _____
3. His father's name was _____
4. He was the _____ Guru of the Sikhs.
5. His mother's name was _____

II. Something to do

1. Collect as many pictures of Guru Nanak Dev ji as you can, and paste them on a plain paper.

2. Learn the Mool Mantra.
3. The teacher should arrange a visit to the local Gurdwaras. If in Delhi, the children could be taken to Gurdwara Nanak Piyao and Gurdwara Majnu ka Tilla, and told about the significance of both the Gurdwaras and how they are related to the life of Guru Nanak Dev ji.
4. Narrate stories (sakhis) about Guru Nanak Dev ji's life and ask the students to collect pictures and make a chart for their classroom.

2. The Second Guru



Guru Angad Dev Ji was born on March 31st, 1504 at Matte-di-Sarai, a small village, ten miles from Muktsar, in Ferozepur district. His father's name was Pherumal and his mother's name

was Daya Kaur. He was known as Lehna ji, before Guru Nanak Dev ji named him Angad, and chose him to be the next Guru.

How Much Do You Remember?

I. Mark (✓) against the correct statement and (×) against the wrong statement.

1. Guru Angad Dev ji was the fourth Guru._____
2. Earlier he was known as Lehna ji._____
3. His mother's name was Daya Kaur._____
4. His father's name was Mehta Kalu._____
5. Guru Nanak Dev ji chose him to be the next Guru._____

II. Something to do

The teacher should narrate the incident how Guru Angad Dev ji was chosen to be the next Guru by Guru Nanak Dev ji, laying emphasis on his selfless service and devotion.

3. The Third Guru



Guru Amardas Ji was born on May 5th, 1479 at Basarka, a village in Amritsar district. His father's name was Tej Bhan and his mother's name

was Bibi Sulakhni. Guru Amardas ji was seventy-three years old when Guru Angad Dev ji chose him to be the next Guru. He was a disciple of Guru Angad Dev ji and had served him with complete devotion.

How Much Do You Remember?

I. Fill in the blanks with the words given below.

Tej Bhan, Basarka, third, seventy-three, disciple

1. Guru Amardas was the _____ Guru.
2. He was _____ years old when he was chosen to be the next Guru.
3. His father's name was _____
4. He was born at _____
5. He was a _____ of Guru Angad Dev ji.

II. Put (✓) against the correct statement and (×) against the wrong statement.

1. Guru Angad Dev ji was Guru Amardas ji's disciple. _____

2. Basarka is a town in Amritsar District. _____
3. Guru Amardas ji was the third Guru. _____
4. Guru Amardas ji was born at Lahore. _____
5. His mother's name was Mata Tripta. _____

III. Something to do

The teacher should narrate 'sakhis' about the complete devotion of Guru Amardas ji to Guru Angad Dev ji. Mention should be made of Emperor Akbar who visited Goindwal, and was asked to take 'langar' by Guru Sahib before meeting him.

4. The Fourth Guru



Guru Ram Das Ji was born at Lahore on September 24th, 1534. He was called Jetha by his parents, as he was the first born. His father's name was

Hari Das and his mother's name was Daya Kaur. He was married to Bibi Bhani, the younger daughter of Guru Amardas ji.

How Much Do You Remember?

- I. Fill in the blanks with the following words.

Lahore, younger daughter, fourth Guru, Jetha, Daya Kaur.

1. Guru Ram Das ji was the _____
2. He was born at _____
3. His mother's name was _____
4. He was married to the _____ of
Guru Amardas ji.
5. His parents called him _____

- II. Something to do

Learn the first Pauri of Jap ji Sahib.

5. The Fifth Guru



Guru Arjan Dev Ji was born on April 15th, 1563 at Goindwal. He was the youngest son of Guru Ram Das ji and Mata Bhani. He was only eighteen years old when he was chosen by his

father to be the next Guru. He was tortured to death on the orders of the Mughal Emperor Jehangir. He accepted death bravely. He was the first Sikh martyr.

How Much Do You Remember?

- I. Fill in the blanks with the words given below.

death, martyr, son, fifth, eighteen

1. Guru Arjan Dev ji was the _____ Guru.
2. He was the youngest _____ of Guru Ram Das ji.
3. He was _____ years old when he sat on the 'Guru Gaddi'.
4. He was tortured to _____ on the orders of Emperor Jehangir.
5. He was the first Sikh _____

- II. Something to do

The teacher should tell the children about the martyrdom of Guru Arjan Dev ji, and how cold drinks and lassi are served to one and all by the Sikhs on the day of his martyrdom.

6. The Sixth Guru



Guru Hargobind Ji was born on June 19th, 1595 at Wadali, a village in Amritsar district. He was the only son of Guru Arjan Dev ji and Mata Ganga. He was just eleven years old when he

succeeded his father, who was tortured to death by the Mughal Emperor Jehangir. Guru Hargobind ji was a great soldier and a warrior. He fought many battles with the Mughals who were forcing people to accept Islam.

How Much Do You Remember?

I. Put (✓) against the correct statement and (×) against the wrong statement.

1. Guru Hargobind ji was born in a village near Ludhiana. _____
2. Guru Hargobind ji was the only son of Guru Arjan Dev ji. _____
3. Guru Hargobind ji was only fourteen years old when he succeeded his father. _____
4. He was a great soldier and a warrior. _____
5. He did not fight with the Mughals. _____

II. Fill in the blanks.

1. Guru Hargobind ji was born on _____

2. He was _____ years old when he succeeded his father.
3. He was a great _____ and a warrior.
4. He fought many battles with the _____

III. Something to do

The teacher should talk about the concept of 'Piri' and 'Miri'.

7. The Seventh Guru



Guru Har Rai Ji was born at Kiratpur on January 16th, 1630. He was the grandson of Guru Hargobind ji. His father's name was Baba Gurditta and

his mother's name was Nihal Kaur. He was only fourteen years old when he sat on the 'Gur Gaddi'. He was known as the kind-hearted Guru.

How Much Do You Remember?

- I. Fill in the blanks with the words given below.

grandson, seventh, Kiratpur, fourteen, kind-hearted

1. Gur Har Rai ji was the _____ Guru.
2. He was the _____ of Guru Hargobind ji.
3. He was only _____ years old when he sat on the 'Gur Gaddi'.
4. He was born at _____
5. He was known as the _____ Guru.

- II. Something to do

The teacher should tell the children about the zoo and the dispensary run by Guru Har Rai ji.

8. The Eighth Guru



Guru Harkrishan Ji was born at Kiratpur on July 7th, 1656. He was the younger son of Guru Har Rai ji and Mata Kishan Kaur. He was only five years old when he succeeded

his father. Guru Har Rai ji was not happy with his elder son's behaviour in the court of Emperor Aurangzeb and chose his younger son for 'Gur Gaddi'. He became Guru at the age of five and died at the age of eight. He was also known as 'Bal Guru'.

How Much Do You Remember?

- I. Put (✓) against the correct statement and (×) against the wrong statement.
 1. Guru Harkrishan ji was only five years old when he sat on the 'Gur Gaddi'._____
 2. He was the elder son of Guru Har Rai ji._____
 3. Guru Har Rai ji was not happy with the behaviour of his younger son at the court of Aurangzeb._____
 4. Guru Harkrishan ji died at the age of eight._____
 5. He was known as the 'Bal Guru'._____

II. Something to do

1. Find out about the institutions in Delhi named after the Bal Guru.
2. If in Delhi, the teacher should take the children for a visit to Gurdwara Bangla Sahib, where Guru Harkrishan ji stayed while he was in this city.
3. Explain to the children that even the young can achieve heights of spirituality with His grace.
4. Tell the children how the Guru served the sick when cholera and smallpox broke out in Delhi.

9. The Ninth Guru



Guru Tegh Bahadur Ji was born at Amritsar on 1st April, in the year 1621. His father's name was Guru Hargobind ji (6th Guru) and his mother's name was Mata Nanki.

The 'Bal Guru', Guru Harkrishan ji, had uttered the words "Baba Bakala" before his death. He meant that the next Guru would be found at Bakala. Guru Tegh Bahadur ji was put to death on the orders of Emperor Aurangzeb for not accepting Islam. Gurdwara Sisganj is built where Guru Tegh Bahadur ji was beheaded, in Chandni Chowk, Delhi. He was the second Guru who accepted martyrdom after Guru Arjan Dev ji.

How Much Do You Remember?

- I. Fill in the blanks with the following words.

Baba Bakala, orders, ninth Guru, Amritsar, beheaded, Aurangzeb.

1. Guru Tegh Bahadur ji was the _____
2. He was born at _____
3. Guru Harkrishan ji had uttered the words _____ before his death.
4. Guru Tegh Bahadur ji was put to death on the _____ of _____

5. Gurdwara Sisganj was built in Chandni Chowk where Guru Tegh Bahadur ji was _____

II. Something to do

1. Collect pictures related to the life of the ninth Guru.
2. The teacher should tell about the visit of Kashmiri Pandits, leading to the martyrdom of Guru Tegh Bahadur ji.
3. It will be interesting to plan a visit to Gurdwara Sisganj Sahib with the children.

10. The Tenth Guru



Guru Gobind Singh Ji was born at Patna on December 22nd, 1666. His father Guru Tegh Bahadur and mother Mata Gujri, named him Gobind Rai.

He was nine years old when his father was put to death, by the orders of Emperor Aurangzeb, because he refused to accept Islam or perform a miracle.

Guru Gobind Singh ji was a great warrior. All his life he fought with the Mughals for the protection of 'Dharma' and the weak. He also founded the 'Khalsa Panth'.

Guru Gobind Singh ji's four sons were killed by the Mughals. The two elder sons died while fighting bravely in the battle of Chamkaur Sahib, at the ages of eighteen and fourteen, respectively. The two younger Sahibzadas aged nine and seven were bricked alive on the orders of Wazir Khan, the Nawab of Sarhind.



Zorawar Singh



Fateh Singh



Jujhar Singh



Ajit Singh

Guru Gobind Singh ji's four Sahibzadas

Khalsa Panth

On April 13th, 1699 Guru Gobind Rai called his Sikhs 'Khalsa' (pure ones). He gave 'Amrit' to Daya Ram, Dharam Das, Mokham Chand, Sahib Chand, and Himmat Rai and then asked them to give 'Amrit' to him. Thus Guru Gobind Rai became Guru Gobind Singh and his five beloved ones became Daya Singh, Dharam Singh, Mokham Singh, Sahib Singh and Himmat Singh. All those who joined 'Khalsa Panth' were to add Singh (lion) after their names and wear the five K's—Kesh (uncut hair), Kangha (comb), Kirpan (sword), Kachcha (short drawers) and Kara (iron bangle).

How Much Do You Remember?

- I. Answer the following questions.
 1. What were the names of the four Sahibzadas?
 2. How and at what age were they killed?
 3. Name the five beloveds.

II. Fill in the blanks with the words given below.

Mughals, tenth, warrior, Patna, nine

1. Guru Gobind Singh ji was the _____ Guru.
2. He was born at _____
3. He was only _____ years old when he sat on the 'Gur Gaddi'.
4. Guru Gobind Singh ji was a great _____
5. He fought many battles with the _____

III. Something to do

The teacher should tell the children:

1. About the sacrifices made by Guru Gobind Singh ji, specially of his sons
2. About the bravery of his 'saint soldiers'
3. About the birth of 'Khalsa' and the importance of the five K's.
4. About the importance of 'Amrit'.

11. The Present Guru



Guru Gobind Singh Ji announced before his death that there would be no human Guru after him. He told the Sikhs that Guru Granth Sahib would

guide the Sikhs after him. Guru Granth Sahib was compiled by the fifth Guru, Guru Arjan Dev ji, and was given the final shape by Guru Gobind Singh ji. It contains the writings of the Sikh Gurus, Hindu Saints and Muslim Fakirs. It is the holy book of the Sikhs and is kept in all the Gurdwaras.

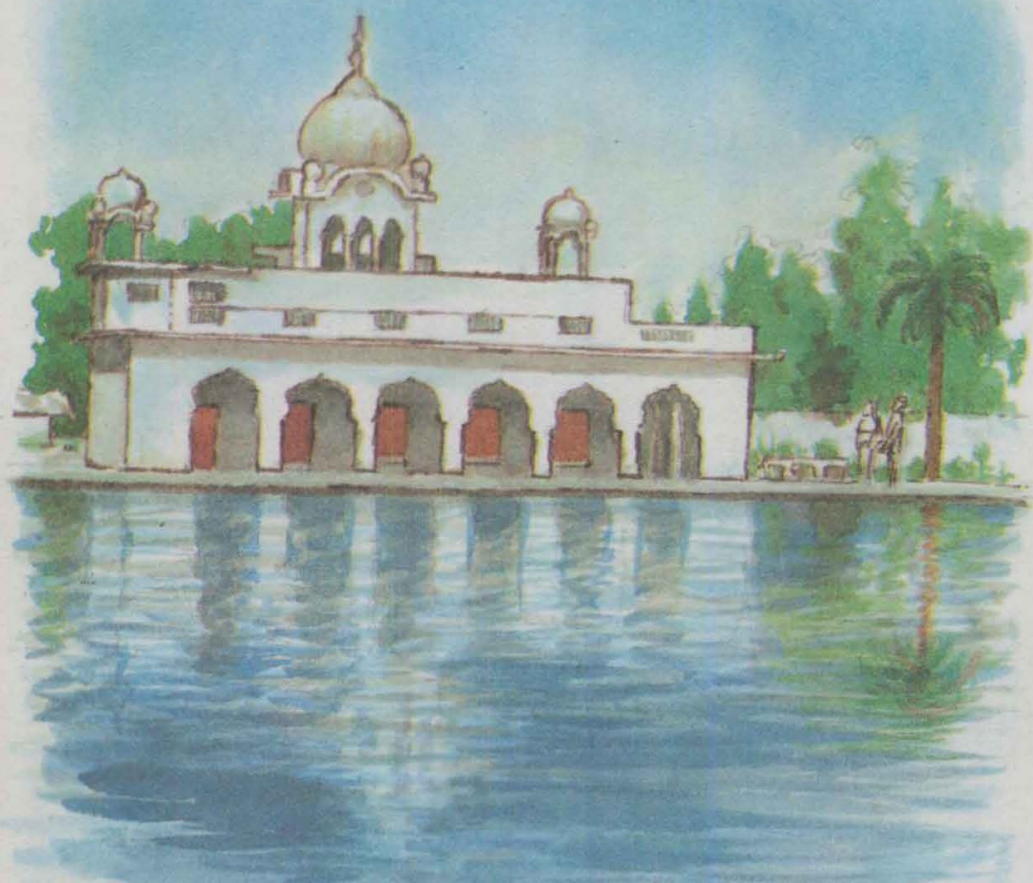
How Much Do You Remember?

- I. Put (✓) against the correct statement and (×) against the wrong statement.
1. Guru Gobind Singh ji announced that there would be no human Guru after him. _____
 2. Sikhs were to seek guidance from Guru Granth Sahib. _____
 3. Guru Granth Sahib was given the final shape by Guru Tegh Bahadur ji. _____
 4. Guru Granth Sahib contains the writings of the Sikh Gurus. _____
 5. It is the holy book of the Sikhs. _____

12. Historical Gurdwaras In Delhi



Gurdwara Dam Dama Sahib is situated in Nizamuddin behind Humayun's Tomb, New Delhi. After Emperor Bahadur Shah's return from Agra, a number of meetings took place between him and Guru Gobind Singh ji, at the present site of Gurdwara Dam Dama Sahib.



Gurdwara Nanak Piyao is situated on G.T. Road, near Rana Pratap Bagh in Delhi. Guru Nanak Dev ji stopped here in a garden on his journey to the East. He preached simple faith of oneness of God and sang hymns on this spot. The owner of the garden built a shrine in his memory and called it 'Pau Sahib,' but now it is known as Nanak Piyao. The well from which water was offered to the travellers is still there.



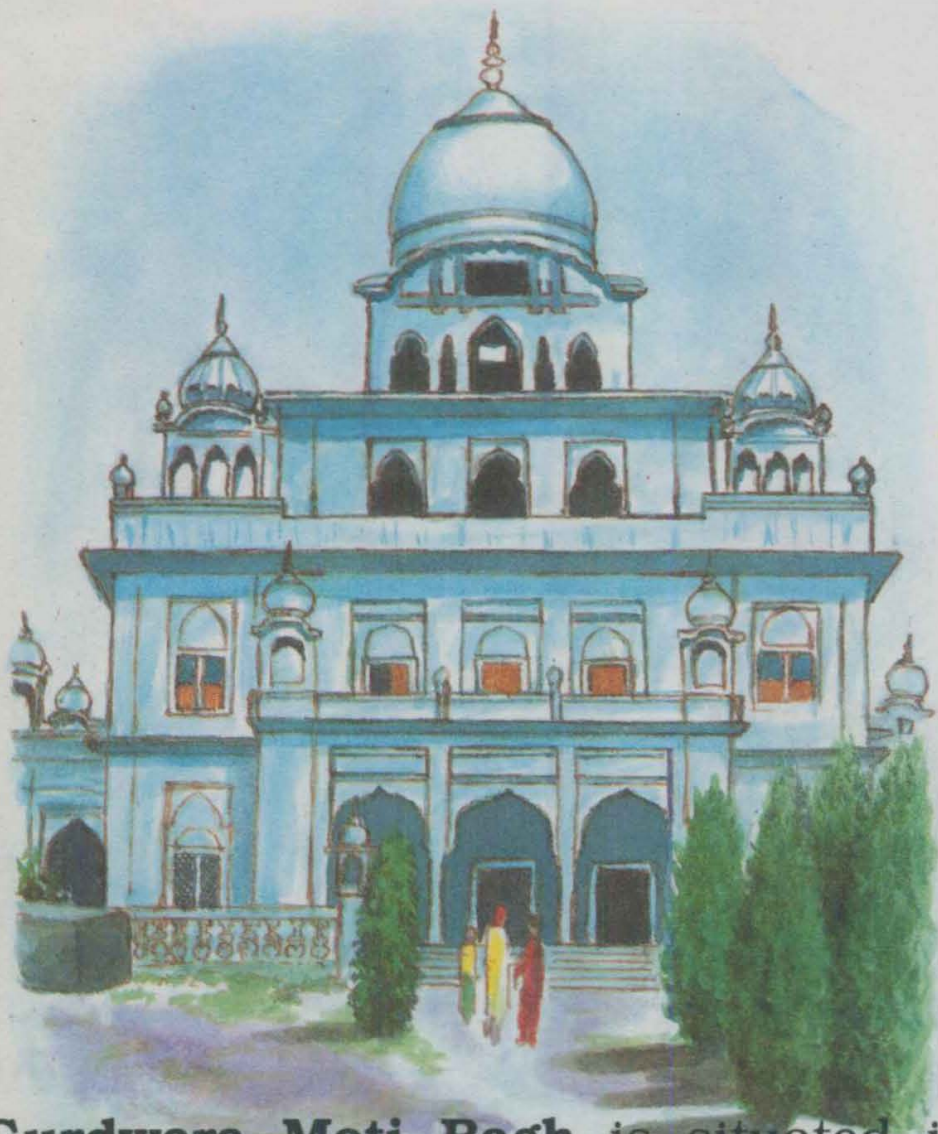
Gurdwara Majnu Ka Tilla is situated on the outer Ring Road, Delhi, on the banks of River Yamuna. There lived a Muslim fakir named Majnu (mad lover) because of his extreme love for God. Majnu became a devotee of Guru Nanak Dev ji, after listening to his preachings. He converted his house into a shrine of Guru Nanak Dev ji. Thus the Gurdwara is known as Majnu ka Tilla.



Gurdwara Bangla Sahib is situated near Connaught Place, close to Gole Post Office, New Delhi. Guru Harkrishan ji came to Delhi on the invitation of Raja Jai Singh and stayed with him in his palace. During this period, cholera and smallpox broke out in Delhi. Guru Sahib helped the sick to recover. Raja Jai Singh was so impressed by the child Guru's compassion that he dedicated his palace to the memory of Guru Harkrishan ji, presently known as Bangla Sahib.



Gurdwara Bala Sahib is situated on the Ring Road near Ashram, Delhi. People suffering from smallpox and cholera were shifted to the camps on the banks of the River Yamuna. Guru Harkrishan ji spent the last two weeks of his life here, looking after the sick people without any distinction of caste or religion. He passed away on March 30th, 1664. Muslims called him 'Bal Pir' and the Hindus, 'Balmukand'.



Gurdwara Moti Bagh is situated in Dhaula Kuan, New Delhi. Guru Gobind Singh ji helped Emperor Bahadur Shah to gain the Mughal throne, and was assured that the Mughal officers who had destroyed Anandpur Sahib and killed his four sons would be punished. Guru Sahib came to Delhi and stayed at the place where today stands Gurdwara Moti Bagh.



Gurdwara Rakabganj is situated near Parliament House, New Delhi. The martyrdom of Guru Tegh Bahadur ji was followed by lightning and storm. A man named Jaita picked up Guru ji's head and left for Anandpur Sahib. Another devotee named Lakhi Shah, in the confusion of darkness and wailing crowds, placed his body in a cart and took it to his hut. He cremated it by putting his hut on fire. At this spot stands Gurdwara Rakabganj.

Gurdwara Sisganj



Gurdwara Sisganj is situated in Chandni Chowk, Delhi. Emperor Aurangzeb ordered his governors to force the Hindus to embrace Islam or face death. The Kashmiri Pandits approached Guru Tegh Bahadur Sahib for help, as they did not want to die nor accept Islam. Guru Tegh Bahadur ji told the Pandits to tell the Mughal officers, that they would all accept Islam if their Guru became a Muslim. On hearing this, Aurangzeb ordered the arrest of Guru Tegh Bahadur ji. Aurangzeb asked Guru ji to perform a miracle or accept Islam. Guru ji did neither, and was beheaded on the orders of Aurangzeb, at Chandni Chowk, where presently stands Gurdwara Sisganj.

How Much Do You Remember?

- I. Draw any one Gurdwara and colour it. Write two lines about its significance.

.....

.....

II. Write the names of the Guru's in order,
and write two lines about each Guru.

1.
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2.
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3.
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4.
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5.
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6.
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7.
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8.
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9.
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10.
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III. Something to do

1. Collect pictures of all the Gurdwaras and the Guru Sahibs in whose memory they were built.
2. If possible, visits to all the Gurdwaras of Delhi should be arranged by the teacher and the children should be told about the historical importance of each Gurdwara.
3. Tell the students about Akhand Path, Wak and Kirtan.